

VDA Consumer Information Request Form

Please Print – Thank You!

Name		
Address		
City	State	Zip Code
Phone (w/Area Code)	Fax	
E-mail Address		

Publications are **FREE**. Quantities may be limited due to the publication's size. Please indicate how many you would like in the box to the left. **All publications can be downloaded to your computer by visiting VDA's web site at:**
<http://www.vda.virginia.gov/publications.htm>

#	Topic
	Area Agencies on Aging (list of, with contact information)
	Adult Day Care Centers
	Advance Medical Directive (Living Will)
	Alzheimer's Disease & Dementia
	Assisted Living Facilities
	Caregiver Information / Manual
	Continuing Care Retirement Communities
	Driving – Drivers with Dementia
	Farmers Market Nutrition Program for Seniors
	Financial Abuse or Exploitation, Prevention of
	Fraud - Prevention of and steps to take
	Grandparents Caring for Grandchildren
	Guardianship & Conservatorship in Virginia
	Health Insurance Guide (Medicare)
	Home Accessibility – Earning a Tax Credit for
	Home Health Care
	Housing for Seniors
	Identity Theft - Preventing
	Independent Living, tips for (adaptations & modifications of utensils, etc.)

Turn Over – Continued on Back

#	Topic
	Life Planning, Tools for
	Long-Term Care Consumer's Guide
	Long-Term Care Insurance
	Long-Term Care Ombudsman Program
	Long-Term Care Provider Directory
	Long-Term Care Shopper's Guide (NAIC)
	Medicaid
	Medicare Handbook
	Medicare Insurance Claims
	Medicare Supplemental Insurance (Medigap)
	Medicare & Medicaid Fraud, Waste & Abuse
	Medication Safety
	Monthly Personal Healthcare Journal
	Mosquitoes (avoiding)
	Nursing Homes – guide to choosing
	Personal Planning Checklist
	Power of Attorney
	Prescription Drugs
	Retirement & Finances
	Retirement Communities in Virginia
	Retirement Information Package (for individuals living outside Virginia)
	Seniors Citizens Handbook
	Severe Weather (preparing for)
	Suicide – Prevention of in elder population
	Tax Relief Fact Package
	Virginia Insurance Counseling & Assistance Program (VICAP)
	Virginia Department for the Aging
	Virginia Energy Choice
	Water (the importance of drinking enough)
	West Nile Virus



Send this form to:

Virginia Department for the Aging
1610 Forest Avenue, Suite 100
Richmond, VA 23229

Fax: (804) 662-9354

Nationwide Toll-Free: 1-800-552-3402 (Voice/TTY)
Richmond Area: (804) 662-9333

Web Site: www.vda.virginia.gov

Or e-mail your request to: aging@vda.virginia.gov